Toes-to-Bar Is the Same as *Uttanasana* Flipped 180 Degrees

Figure 3-2-1-44
Toes-to-Bar using BBS DUO Lines

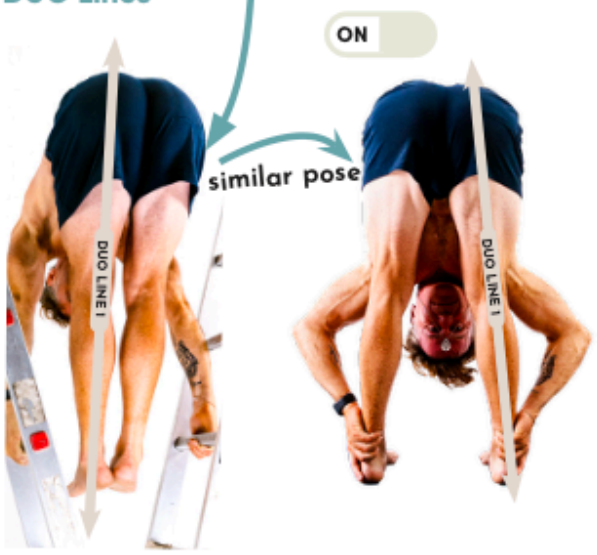

Figure 3-2-1-45
Toes-to-Bar (Figure 3-2-1-44) Flipped 180° looks like *uttanasana*

Figure 3-2-1-46
Posterior view of *uttanasana* looks like a flipped Toes-to-Bar (Figure 3-2-1-45)

PADME Group 1: Hip Flexors in Toes-to-Bar and *Uttanasana*

PADME refers to activating muscles at *both ends* of the hamstring myofascia we want to stretch. For this reason, let's look in detail at how we can develop both a better cerebral understanding of these muscles and impeccable neurological connections from our minds to our muscles to create more DUO.

As discussed in **Figure 3-2-1-41**, the three essential groups of PADME muscles that create DUO are:

1. **The hip flexors** generate anterior pelvic tilt
2. **The upper gluteus maximus and erector spinae** lift the sit bones from the back, shifting the sit bones backward
3. **The calf muscles pull the distal hamstring attachments and integrate the legs**

Let's compare Toes-to-Bar with *uttanasana* so we can recruit our Back Body Stretch PADME muscles more effectively.

Figure 3-2-1-44 shows the Toes-to-Bar movement, in which we engage the muscles shown in **Figure 3-2-1-47** to lift the feet. These include the abdominals, which pull the ribs toward the pelvis, and the hip flexors, which pull the pelvis toward the thighs.

The key to understanding PADME for Back Body Stretch is that the Toes-to-Bar movement is the same as *uttanasana* flipped 180 degrees. **Figure 3-2-1-45** shows the upside-down Toes-to-Bar seen in **Figure 3-2-1-44**. Remarkably, this flipped version of Toes-to-Bar looks almost identical to the posterior view of *uttanasana*, **Figure 3-2-1-46**.

There is also an incredible similarity between **Figure 3-2-1-48**, when the toes are on their way to the bar, and **Figure 3-2-1-49** when we are folding into *uttanasana*. They are mirror images of each other, illustrating how we use the same muscle groups for both movements.

To create DUO in *uttanasana* (**Figure 3-2-1-50**), we don't just collapse in gravity. Instead, we recruit the hip flexors and the abdominals to deepen the hip flexion necessary to stretch the hamstrings. One caveat is that the Toes-to-Bar requires more force to *resist* gravity, and *uttanasana uses* gravity to create hip flexion, requiring less activation of the PADME muscles in **Figure 3-2-1-47**.

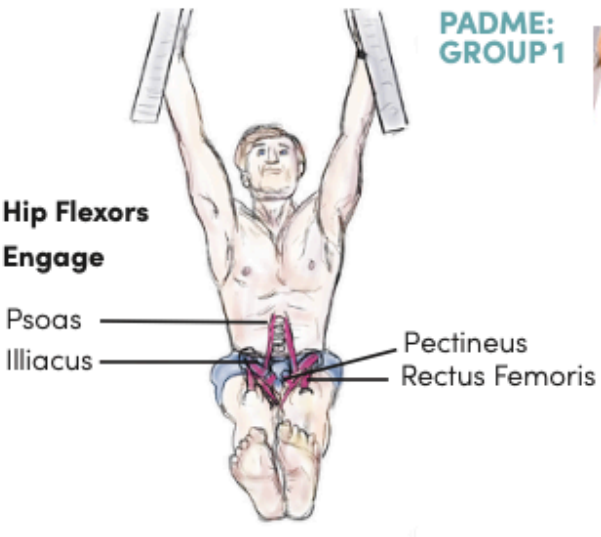

Figure 3-2-1-47
Muscles that are used for Toes-to-Bar and *uttanasana*

Figure 3-2-1-48
Hip flexion: Toes on their way to the bar

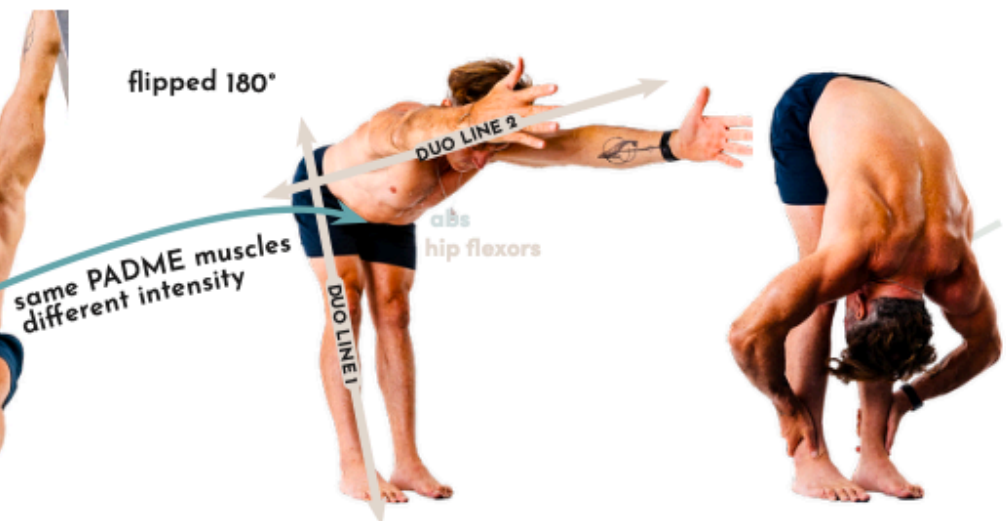

Figure 3-2-1-49
Same position as 3-2-1-48, flipped 90°

Figure 3-2-1-50
Same position as 3-2-1-44, flipped 180°

CLICK HERE TO ORDER YOGA OPTIMIZED BOOK